



President's Message

EVERY DAY IS A CELEBRATION!

At the Fall Leadership Conference in Palestine, TX, I was reminded of how fun, educational and important it is to attend District Nine events. The bonding that occurs is very special.

Richardson Altrusans have time together that we don't normally have during the year. It is an opportunity to really get to know each other. We also get to meet and re-connect with Altrusans from other chapters in Texas. And we always learn new things!

Our own Gloria Sandoval was on the Panel Discussion at the Conference. One of the things Gloria shared especially impacts incoming and newer Altrusans. She said, "In Altrusa we've got your back. We won't let you fail." I hope this reminder that Altrusa is a safe place to try things will lead you to try something you haven't tried! The District Nine Conference is in Waco, April 21 – 23, 2017. Some of us have already made Hotel Reservations. Please consider attending whether you have done so for the past many, many years or have never attended before - you won't be disappointed.

I'm aware that Altrusans don't do service so they will be recognized. But we as "**The Richardson Altrusa Club**" need to "toot our own horns" more. We just finished a wonderful OWT. I consider it a prime opportunity to let those who attend know what we do. Our Community Initiative interviews opened the eyes of several community leaders who didn't realize all we do. At the December Business Meeting, five of our Service Committees will present their Mid-Year State of the Committee reports. (We promise they will be brief!) Please attend to hear all of the things we do. You will be amazed that YOUR club does so much. We had less money this year, but that hasn't stopped our service. Your hands-on efforts really make a

Upcoming Events:

See online calendar for event details, location, and sign-up at <http://altrusarichardson.com>

- Dec 1 Business Meeting 7p
- Dec 5 Foundation Trustee Meeting 6:30p
- Dec 8/9 OUTREACH CACCC Holiday Shop
- Dec 10 ABILITY HOUSE Christmas Party 1:30p
- Dec 14 SENIORS Atria Bingo 6p
- Dec 15 Holiday Dinner Party 7p

difference to our community. Way to Go, Richardson Altrusans!

Together we accomplish great things.

Every day is a Celebration!

Service, Leadership, Friendship

Nancy R. Rohm, President, 2016-17



Club Board Actions – November 19 Meeting

The board approved the Recommendations for Membership for Toni Garrett and Sylvia McCloskey. Kimberly Kierce, Representing the Board of Trustees, spoke to the club board about Janie Jaquier's work finalizing the OWT account with the hotel, and about the policies being written for our foundation. It was reported that mid-year reports will be presented at the December Business meeting by the Ability House, Community Outreach, Education, International and Seniors Committee leaders. Ginger Tonne reported about the upcoming December 15 Holiday Dinner Meeting.

**"It's not how much we give
but how much love
we put into giving."**

Mother Teresa



Spotlight on Altrusans

**Kay Hopper and
Mary Osentowski**

Interviewed each other for
the November 3rd Meeting

Kay Hopper has lived in several places, Nashville as a child, then Lubbock in high school and at Texas Tech, even in England for two years before returning to Texas. Her favorite book as a child was *Follow My Leader*, a book about an 11 year old boy who lost his sight in a firecracker accident and had a seeing-eye dog that the boy called Leader. She is currently reading 3 books: *Commonwealth*, fiction about a bizarre family; *On Looking*, a non-fiction about observation and a third book, *You Can't Make This Stuff Up*. Kay is working as a consultant in a couple of areas, facilitating non-profit leaders and executives with strategic plans and more recently helping individuals with succession plans - moving from work to retirement. Kay's Fantasy Dinner Guests would be Helen Keller, Katherine Hepburn and Michele Obama and things she would like to do in the future would be to travel more, particularly a train trip across Canada. She said she has always wanted to have a beach house because she spent time as a young person at her aunt's beach house. A saying she likes is, "If you want an answer, you must ask the right questions."

Mary Osentowski is a graduate of the University of Nebraska at Kearney, earned her Master's Degree and PhD from the University of North Texas. Recently retired from over 40 years at Richland College to Grandparenting, she served on the Altrusa District Board for twelve years - leading as District Governor in 2001-2003. Her favorite Altrusa memories include her 1st International Convention in Chicago because of the stirring flag ceremony with a live band and the procession of all the participating countries' flags. And the legendary International Convention in New Zealand! You will need to ask her, or others, about that experience. Mary has always been a reader - enjoying Nancy Drew as a child because she really wanted a roadster, and currently reading *The Signature of All Things*, by Elizabeth Gilbert. In addition to her work with Altrusa, Mary serves on the Board of RALC and is a tutor mentor, a Lector at her church, and chaired the recent RWC Bridge Tournament. She enjoys travel and would like her next adventure to be a cruise to the Greek Islands. Her fantasy dinner would be with her maternal grandmother who was a kind and gentle listener - a talent imparted to Mary. Her words to live by: "Always do your best!"

**"Where there is no vision,
there is no hope."**

George Washington Carver



**Nancy Crowe and
Gayle Ingle**

Interviewed each other for
the November 17th Meeting

Nancy Crowe was born in New Jersey and at age 2 was chosen as the Ivory Snow Baby, with her picture in McCall's Magazine as well as on Ivory Snow Detergent packages. Nancy is the oldest of three; she has one brother and one sister. In high school she played basketball and received a scholarship offer from Duke University and applied to West Point; however, she realized that neither place would allow her to pursue her love of physical therapy, so she attended Texas Woman's University and graduated with a BS in 1981 and an MS in 1989. She has been a physical therapist now for 35 years. She was in healthcare management for over 30 years, most recently the COO at the Visiting Nurse Association for 5 years. Nancy is now semi-retired and has a couple of part time jobs but her main responsibility is caregiver for her 93-year mother who lives with her. She is a graduate of Leadership Richardson and served on the City of Richardson Environmental Commission for 7 years. She loves to read and is currently reading the Biography of Condoleezza Rice. Nancy married Van (who has 3 degrees from Duke University) in 2000. They met cycling, which is a big passion of Nancy's! She and Van have cycled Nova Scotia, Prince Edward Island, Italy (twice), the San Juan Islands, and the Green Mountains. Her favorite place is the Adirondack Mountains where she and Van and her parents have been staying in the same cabin for 20 years. Cycling in the Adirondacks is on her bucket list. Another love of Nancy's life is her little yorkie Max who is 7 years old.

Gayle Ingle was born in Midland, Texas, the third baby born in Midland Memorial Hospital, and she still keeps in touch with the first and second babies born there. Gayle graduated from Texas Tech with a degree in Elementary Education and History and taught in Pearland, Texas. She and her husband, Rusty, who she met at Texas Tech, have a son and a daughter and two grandchildren who live in Baton Rouge, Louisiana. Gayle and Rusty lived in Houston, spent 9 years in Shreveport and then lived in Richardson for 21 years before moving to McKinney and then to Frisco. (Gayle would love to move back to Richardson.) She is a sustaining member of Junior League, a graduate of Leadership Richardson (Class 5) and serves this year as president of Richardson Woman's Club. Gayle joined Altrusa in 2015 and loves Ability House and the Scholarship Committee. Gayle's hobbies include reading, tennis and fishing. Her favorite childhood book was *Alice In Wonderland*, and she is currently reading *The Paris Architect*. Her favorite musicians are Bach and the Beatles. Her favorite vacation spot is Hawaii. Recent travel has been limited to Texas Tech football games as a season ticket holder and to Louisiana to see the grandchildren.

From a Different Perspective

By Cindy McIntyre

On, November 17th, Nazia Hossain, a practicing Muslim wife, mother, and student from Plano, talked about customs and celebrations enjoyed by her religion. She showed slides of some basic customs, headgear and greetings in general use. I was surprised to learn these celebrations are many and varied across countries. And women wearing a full face scarf covering all but the eyes (niqab), a full face and body covering (burka, burqa, burqah), only the headscarf (hijab), or others is a matter of personal preference. Gay McAlister allowed Nazia to demonstrate the correct placement of the headscarf.



Pictured: (l-r) Nazia Hossain and Gay McAlister

Nazia told us about the fasting and feasting associated with Ramadan and their one other holiday. Pregnant mothers and children under 13 do not fast; the feasting can go for several days. She mentioned that Muslim women are not permitted to touch a man other than their husband in even a casual way such as a handshake. A palm to your heart is always proper if you are uncertain.

Many members asked questions and Nazia relaxed into her subject. She demonstrated the five praying positions ending with the kneeling one we find most familiar. And yes, she does pray five times per day – even at the mall. An app on her phone shows the direction so she can align herself properly. Jane Merz asked what is worn under the long dresses and if it was hot in our Texas

summers. Nazia said the material is lightweight and breathable. She usually wears shorts underneath in the summer. Elizabeth Smith wondered why the men may customarily wear short sleeved shirts while the women are covered. Nazia quipped that the women are more beautiful than their male counterparts and should be covered for modesty.

Nazia was grateful for the opportunity to speak to our club and open a much needed and important dialogue. She asked to be notified so she could participate in our philanthropic projects.



Senior Committee Update

Auction at Appletree Court Assisted Living

By Lynn Solomon, Senior Committee Co-Chair

On November 15, 2016, Altrusa facilitated an auction that was held at Appletree Court Assisted Living in Richardson. This auction is held each Fall and Spring. There were approximately 41 residents in attendance! It is such fun watching them bid against each other to spend their “Apple bucks” for items that are up for bid. The auction items for Appletree Court are purchased out of the Seniors budget. A big thank you to Gloria Sandoval who was Chairman of the event and did a fantastic job as our auctioneer! She also shopped for the great auction items that went like hot cakes!

Thanks to the following Altrusans who volunteered their time for this event: Gloria Sandoval, Lynn Solomon, Dean Burroughs, Nancy Rohm, and Ann Eisemann.



December 15 Holiday Celebration



We have a fabulous Holiday Celebration planned. This is a great opportunity to invite potential members (from your 40 in four minutes worksheet from the November business meeting), family and friends. 6:30 to 7pm we will have appetizers and bring your own wine. We will have a photographer from Bardo Bard Studios taking pictures so bring your fun holiday hats or props. Prints can be purchased (cash) and emailed so plan on smiling for the camera.

We are fortunate to have The MadriGals providing the program entertainment. The MadriGals are a group of 14 women vocalists who sing secular and holiday arrangements in a style that originated during the Renaissance and early Baroque eras. The MadriGals are all members of the world-famous Rich-Tone Chorus of Sweet Adelines International. Five-time world champions in women's barbershop harmony, the Rich-Tones have earned accolades and devoted fans through performances across the globe.



We will have an Ornament Exchange. If you would like to participate, please bring an unwrapped ornament (\$5 or less) and place it in the basket on your table as part of the

table arrangement. When we circle up for the benediction, we will do the ornament exchange. Please bring an ornament for your guest to participate.

Join us 6:30 pm to 9:00pm at the Richardson Woman's Club, Founders Hall. Dinner is \$25/pp (Menu: appetizer, prime rib, potatoes, green beans, build a salad, rolls and pie.)

Please register online by NOON MONDAY before the meeting - whether you plan to eat or not. Remember, you don't have to pay if you're not eating, but you may not have a seat if you don't register to let us know you're coming.



Senior Committee Report **Altrusa at Atria Bingo!**

By Lynn Solomon, Senior Committee Co-Chair

Atria Bingo was held at Atria Assisted Living in Richardson on Wednesday, November 9, 2016. Assisting with the November Bingo were Altrusans Gloria Sandoval and new Altrusan, Carol Ruszkowski. Carol is also a new Seniors committee member!



Senior Committee Report **Richardson Public Library Book Rotation**

By Lynn Solomon, Senior Committee Co-Chair

On October 29, 2016, Five (5) Altrusans along with three (3) members of the Richardson Exchange Club volunteered to help with the Richardson Public Library Book Rotation project. This project involves taking large print books on a rotation basis to several participating assisted and non-assisted living facilities in Richardson.



Altrusans participating in this event were Jackie Scrivener, Ann Payne, Kay George, Gloria Sandoval, and Lynn Solomon. A big thank you also to Paul Vance, Richard Brown and Eliot Johnston of the Richardson Exchange Club for helping with the heavy labor!

What is now Altrusa International was founded in Nashville, TX in 1917, as the Altrusa Institute. There was a need to women's civic organizations at the time because so many women were going to work during WWI. Dr. Alfred Durham started organizing clubs throughout Nashville, Louisville, KY and Dayton, OH. When he moved on to Indianapolis, IN he met Mamie L. Bass. Mamie admired The Altrusa Institute, but having helped her brother in organizing a Rotary Chapter, she felt Altrusa could serve a higher purpose. The first Altrusa convention was held in June, 1918 where Mamie's vision became a reality; the Altrusa Institute became a classified service organization for women.



Human Rights Day commemorates the day in 1948 that the UN General Assembly adopted the Universal Declaration of Human Rights. This year the theme calls for everyone to Stand Up for Someone's Rights Today. Disrespect for basic human rights continues to be widespread around the world. Humane values are under attack. We must take a stand for more humanity. Wherever we are, we can make a real difference.

Community Outreach Committee Update
Altrusans Donate Children's Coats to NETWORK
by Jackie Scrivener

Altrusa's Community Outreach collected 39 children's coats and delivered them to NETWORK of Community Ministries' Clothes Closet November 15.

NETWORK operates a clothes closet to service Richardson families in need. Last winter, they provided over 1,000 coats for their clients. When Community Outreach learned NETWORK was out of children's coats this year, they stepped up to help. Club funds were used to purchase gently used coats from Goodwill Industries. Altrusa's donation will bring warmth to our most precious citizens, our children



Ability House Committee Update

Altrusa Celebrated Shelley's Birthday on November 5th at Ability House

Shelley's birthday was a festive occasion with seven Altrusans leading the celebration, along with one Altrouser who assisted with photography. A bright birthday balloon for the honoree along with decorated cake, ice cream, soft drinks and a Target gift card for personalized shopping was presented by our faithful volunteers. Shelley's sister brought a beautiful doll that was on Shelley's wish list, rounding out a happy birthday party.

Ernestine Swanson (Sept 17, 1921 - Nov 2, 2016)



Ernestine was born/raised in New Mexico, where she was also laid to rest. In her 95 years, she was very proud of her daughter, Carolyn, and loved giving of her gifts, time, and talents to others. As an honorary Altrusan, she will be always remembered for her smile and lovely pillowcases.

<http://www.legacy.com/obituaries/demingheadlight/obituary.aspx?pid=182387943>

Community Outreach Committee Update

ALTRUSA DONATES TOYS FOR NETWORK TOYLAND EXPRESS

by Jackie Scrivener

Altrusa got an early start on Christmas this year by organizing a toy drive to benefit NETWORK of Community Ministries "Toyland Express." This project makes it possible for qualifying parents to shop for their children from November 14 thru December 16 using "Santa Bucks." The Community Outreach Committee purchased toys and Altrusans generously donated many more at the October 20 dinner meeting. (pictured below) On Tuesday, October 25, Toy Drive Co-chairs (pictured l-r at right) Jackie Scrivener and Christine Hart delivered over 80 toys to NETWORK. A box of stocking stuffers collected by the Sophomore Sisters were also delivered. Thanks to everyone's donation, many children will have smiles on their faces Christmas morning. Altusan service makes a difference!





Tue, January 24, 2017

Altrusa International of Richardson

7:00pm - 9:00pm

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\$35
per seat

Come one; Come all for an evening of fun!!!

Bring a snack to share and your own wine/beer or other beverage,

All paint supplies are provided: paint, canvas, easel, and brushes. Aprons are provided, but wear something you wouldn't mind getting a little paint on, just in case.

Plan to arrive by 6:30 pm to check in, enjoy snacks, get set up and be ready to paint by 7:00 pm.

We are allowed a maximum of 30 minutes after the end of the class to finish up your painting. If we stay longer than 30 minutes, we will be charged \$50 additional fee.

A minimum of 12 participants are needed for the class and a maximum of 40 can register, so everyone register early. The deadline to register is January 12.

Location: 819 West Arapaho, Richardson, TX in the shopping center with Tom Thumb and Arapaho Pharmacy.

To Register: <http://www.paintingwithatwist.com/events/viewEvent.aspx?eventID=850998>

Pass Code: 819

Altrusa International News

United Nations Celebration November 25

International Day for the Elimination of Violence Against Women



District Nine 2015-2016 Distinguished Clubs



District Nine announced the following clubs in District Nine achieved Distinguished Club Status during the previous fiscal year:

Austin, Dallas, Downtown Dallas, Garland, Greenville, Pampa, Richardson, San Antonio, Temple, and Texarkana,



Altrusa International Centennial Celebration

There is a Centennial Celebrations Task Force working on tools to help Altrusa clubs and Districts celebrate our Centennial. These can be found on our International website

<http://members.altrusa.org/Publications/CentennialCelebrationsToolkit.aspx>. The Tool Kit contains: 100 Centennial Celebration Ideas, Ideas for Club Exhibits, Altrusa Centennial Quiz, Historical materials, Centennial Power Point, Sample Press Release, Sample Proclamation and Centennial Logo 100 for 100 Challenge Materials. Many Richardson Altrusans signed up to complete 100 or even 200 hours of service this year. We donated \$83.00 representing 100 pennies for every member of our club to the celebration during the International Convention. We were asked to donate 100 books by Altrusa International but District Nine encouraged us to give 900 books. To date we have donated 552 books this year. Each District was challenged to recruit 100 members. Our club has initiated 4 new members with 2 more to be added at our December Business meeting.



Orientation / Reorientation

Members and guests gathered at Nancy Rohm's home on November 12 (see photos below)



Altrusa International Foundation's Centennial Celebration Goal

The Altrusa International Foundation has established the Fundraising Goal for Service Grants of "\$100,000 for 100 Years!" The challenge is to: "Create your own page and challenge your family, friends and colleagues to support you in any



endeavor you choose. Whether you are participating in the 100 4 100 Member Service Challenge to donate 100 hours of your time, or plan in some way to do ACTS of SERVICE AND KINDNESS (ASK) to help raise \$100,000 - you have until May 31, 2017, to complete your challenge and help the Altrusa International meet our goal. Your generosity will help many deserving people and projects through the outreach of the Altrusa Foundation Grants Program." To learn more, go to:

<http://www.firstgiving.com/altrusafoundation>

Social Media Help Desk

Tips on Communication using Technology

My Dear, Help Desk is here for you!

Times have changed. The way we communicate has changed. Technology continues to change.

Do you know how to tweet, how to post, or which way to swipe? If your answer is, "No", I am here to help.

In future *Tidings* I will reply to e-mails with basic general tech questions. You will be anonymous as will I. Please send your questions to mydearhelpdesk@gmail.com.

My first tip is that font matters as shown in the image:



Pictured Left: Susan Fischer

Pictured Center: Gloria Sandoval

Pictured Right: (l-r) Mary Osentowski and Jo Leeper